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... And well they may be; for Groats is prepared from oats, the most nutritious of all cereals, rich in fat and protein and having a high caloric value. It is also an excellent source of vitamin B₁. That's why it is such a desirable addition to the diet of the mother both before and after the baby arrives. Later Groats can be recommended with complete confidence for the infant at weaning time.

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CVS-107

AN APPROVED METHOD OF

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(included in the approved list of contraceptives issued by The Family Planning Association)*

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